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comprehensive guide designed to help readers improve their decision making skills and make smarter choices in their daily lives. The book emphasizes that making decisions, whether small or life-altering, is unavoidable and mastering this skill is crucial to achieving success. Bathla explains how poor decisions often arise from psychological biases, unconscious associations, and the autopilot behaviors that we rely on without even thinking. In this book, Bathla delves into the four different types of decision-making archetypes and explains how people approach choices in unique ways. He helps readers understand the mental traps that lead to bad decisions like the influence of cognitive biases and how they impact our behavior and actions. For example, the book discusses why certain people like tall white males may find it easier to succeed professionally due to unconscious associations and how understanding these biases can help us make more informed decisions. The book offers practical strategies to overcome information overload, which often leads to decision fatigue. Bathla introduces the elimination by aspects model to help readers narrow down choices, identify bad alternatives, and strengthen their decision-making process. He emphasizes the importance of clarifying objectives and staying focused on what matters most, guiding readers to think and solve problems systematically. By applying these techniques, the book shows how to harness the power of the basal ganglia, the brain's tool for decision-making, to make better choices automatically. Bathla also introduces a 4-step decision-making model that helps readers evaluate situations more holistically, allowing them to approach challenges with greater confidence and clarity. Whether you're a student, professional, stay-at-home parent, or business owner, *Make Smart Choices* provides valuable tools for mastering decision-making and solving problems quickly and effectively every day.

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web nov 17 2021 when you successfully achieve the adonis index ratio also known as the golden ratio training and developing the whole body with regular workouts and building muscle remains essential it's ideal for working towards the adonis index measurements while improving the body's proportions overall

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web in the video you can get a quick idea of what the adonis golden ratio workouts actually look like so under each training module it brings you to the actual 12 week training program so you have a table of contents and it shows you week one day one and you just jump to that and follow exactly what it says